

CLAIMS

I Claim:

1. A method of using a golf instructional device, said method comprising the steps of:
 - 5 placing one or more foot positioning members onto a support mat surface to indicate proper placement of one or more feet of a user for swinging a golf club;
 - placing a club positioning member onto the support mat surface to indicate proper pre-swing body and club setup alignment;
 - 10 placing a mirror onto the support mat surface to indicate proper positioning of a user's eyes; and
 - having a user stand on the support mat surface and align one or more feet with the one or more foot positioning members, position the user's head such that the user can essentially only view their eyes in the mirror,
 - 15 and swing a golf club while the user visually observes any movement of their head in the mirror during at least a portion of the golf club practice swing.
2. The method of claim 1, further comprising the step of:
 - 20 adjusting the position of the one or more foot positioning members, club positioning member, or mirror on the support mat surface based on either a specific instructional lesson to be taught by a golf instructor, or on changes and/or improvements in the golf club swing of a user, such adjusting performed only by a golf instructor and not by the individual using the mat.
- 25 3. The method of claim 1, further comprising the step of:
 - providing the user with an instructional manual containing teaching methods corresponding to specific lessons taught by a golf instructor, such teachings arranged within the manual in a manner as to facilitate the user reinforcing specific pre-swing setup positioning and club swing

techniques learned with the instructional device outside the presence of the golf instructor.

4. A method of providing golf instruction, said method comprising the steps of:

5 providing a user with an instructional device having markers for designating proper setup positioning and stance for the user to swing a golf club, the positioning being customized and markers being adjustable for an individual user; and
10 having a golf instructor position the markers on the device in such locations as to teach the user a proper setup position for swinging a golf club.

5. The method of claim 4, further comprising the steps of:
providing a mirror with the instructional device for monitoring the location of a user's eyes while making practice swings with the golf club;
15 having a golf instructor position the mirror on the device in such a location as to teach the user to maintain a near-steady head while making practice swings with the golf club.

6. The method of claim 4, further comprising the step of:
providing the user with an instructional manual containing teaching methods corresponding to specific lessons taught by the golf instructor, such
20 teachings arranged within the manual such that the user can reinforce a specific club swing technique learned with the instructional device outside the presence of the golf instructor.

7. A method of providing golf instruction in which a user makes practice golf club swings, comprising the steps of:
25 placing one or more removably positionable foot positioning markers onto a surface of a support mat to indicate proper positioning and alignment of one or more feet of a user for swinging a golf club;
placing a removably positionable club positioning marker onto the surface of the support mat to indicate proper pre-swing body and club setup
30 alignment of the user;

placing a removably positionable mirror onto the support mat surface sized
and configured to indicate to the user a proper positioning of the user's
eyes prior to swinging the golf club and during at least a portion of the
user's practice swing; and
5 having a user stand on the support mat surface and align one or more feet with
the one or more foot positioning markers, align a golf club shaft with
the club positioning marker, position the user's head such that the user
isolates the reflection of their eyes in the mirror, and swing a golf club
while the user visually observes any excessive movement of their eyes
10 in the mirror during at least a portion of the user's practice swing.

8. The method of claim 7, wherein the steps of placing the one or more
removably positionable foot positioning markers onto the support mat surface, placing
the removably positionable club positioning marker onto the support mat surface, and
placing the removably positionable mirror onto the support mat surface are performed
15 by a golf instructor to provide the best body and golf club positioning setup for the
user according to the physical characteristics of the user.

9. The method of claim 7, further comprising the step of the golf
instructor adjusting the position of at least one of the one or more foot positioning
markers, the club positioning marker and mirror on the surface of the support mat
20 based on one of:
the golf instructor observing the user's flexibility increase with practice; and
the golf instructor observing the user's individual physical swing
characteristics becoming apparent when such swing characteristics
were not previously apparent.

25 10. The method of claim 7, wherein the step of the user visually observing
any excessive movement of their eyes in the mirror during at least a portion of the
user's practice swing comprises the user visually observing any movement of their
eyes in the mirror prior to swinging the golf club and during a portion of the user's
practice swing through simulated impact with a golf ball.

11. The method of claim 7, further comprising the step of placing a golf ball marker adjacent to the support mat to indicate the proper setup position of a golf club head held by the user.

12. The method of claim 7, further comprising the step of placing a wedge
5 onto the surface of the support mat for the user to place one foot thereon to aid in training the user to maintain a near-stationary back leg during the entire backswing.